



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Full Report (All Nutrients) 01092, Milk, dry, nonfat, instant, with added vitamin A and vitamin D**

**Report Date: July 05, 2017 03:58 EDT**

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

**Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor: 4.27 Nitrogen to Protein Conversion Factor: 6.38**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 68g	1 envelope (1-1/3 cup) 91g	0.333 cup (makes 1 cup reconstituted milk) 23g
<b>Proximates</b>							
Water	g	3.96	216	0.044	2.69	3.60	0.91
Energy	kcal	358	--	--	243	326	82
Energy	kJ	1499	--	--	1019	1364	345
Protein	g	35.10	89	0.139	23.87	31.94	8.07
Total lipid (fat)	g	0.72	164	0.018	0.49	0.66	0.17
Ash	g	8.03	14	0.073	5.46	7.31	1.85
Carbohydrate, by difference	g	52.19	--	--	35.49	47.49	12.00
Fiber, total dietary	g	0.0	--	--	0.0	0.0	0.0
Sugars, total	g	52.19	--	--	35.49	47.49	12.00
<b>Minerals</b>							
Calcium, Ca	mg	1231	16	25.365	837	1120	283
Iron, Fe	mg	0.31	13	0.038	0.21	0.28	0.07
Magnesium, Mg	mg	117	14	11.071	80	106	27
Phosphorus, P	mg	985	17	21.031	670	896	227
Potassium, K	mg	1705	11	51.818	1159	1552	392
Sodium, Na	mg	549	7	15.570	373	500	126
Zinc, Zn	mg	4.41	10	0.124	3.00	4.01	1.01
Copper, Cu	mg	0.041	--	--	0.028	0.037	0.009
Manganese, Mn	mg	0.020	--	--	0.014	0.018	0.005
Selenium, Se	µg	27.3	9	2.953	18.6	24.8	6.3
<b>Vitamins</b>							
Vitamin C, total ascorbic acid	mg	5.6	28	0.445	3.8	5.1	1.3

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Thiamin	mg	0.413	31	0.006	0.281	0.376	0.095
Riboflavin	mg	1.744	31	0.040	1.186	1.587	0.401
Niacin	mg	0.891	29	0.042	0.606	0.811	0.205
Pantothenic acid	mg	3.235	34	0.068	2.200	2.944	0.744
Vitamin B-6	mg	0.345	31	0.007	0.235	0.314	0.079
Folate, total	µg	50	--	--	34	46	12
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	50	--	--	34	46	12
Folate, DFE	µg	50	--	--	34	46	12
Choline, total	mg	167.8	--	--	114.1	152.7	38.6
Vitamin B-12	µg	3.99	17	0.327	2.71	3.63	0.92
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE	µg	709	--	--	482	645	163
Retinol	µg	709	--	--	482	645	163
Carotene, beta	µg	1	--	--	1	1	0
Carotene, alpha	µg	0	--	--	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0
Vitamin A, IU	IU	2365	--	--	1608	2152	544
Lycopene	µg	0	--	--	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.01	--	--	0.01	0.01	0.00
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	11.0	--	--	7.5	10.0	2.5
Vitamin D3 (cholecalciferol)	µg	11.0	--	--	7.5	10.0	2.5
Vitamin D	IU	440	--	--	299	400	101
Vitamin K (phylloquinone)	µg	0.0	--	--	0.0	0.0	0.0
<b>Lipids</b>							
Fatty acids, total saturated	g	0.467	--	--	0.318	0.425	0.107
4:0	g	0.026	4	0.005	0.018	0.024	0.006
6:0	g	0.006	4	0.001	0.004	0.005	0.001
8:0	g	0.007	5	0.001	0.005	0.006	0.002
10:0	g	0.017	5	0.003	0.012	0.015	0.004
12:0	g	0.013	5	0.005	0.009	0.012	0.003

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 68g	1 envelope (1-1/3 cup) 91g	0.333 cup (makes 1 cup reconstituted milk) 23g
14:0	g	0.078	5	0.005	0.053	0.071	0.018
16:0	g	0.220	5	0.010	0.150	0.200	0.051
18:0	g	0.080	5	0.003	0.054	0.073	0.018
Fatty acids, total monounsaturated	g	0.187	--	--	0.127	0.170	0.043
16:1 undifferentiated	g	0.021	5	0.002	0.014	0.019	0.005
18:1 undifferentiated	g	0.156	5	0.004	0.106	0.142	0.036
20:1	g	0.000	--	--	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.028	--	--	0.019	0.025	0.006
18:2 undifferentiated	g	0.018	5	0.004	0.012	0.016	0.004
18:3 undifferentiated	g	0.011	5	0.003	0.007	0.010	0.003
18:4	g	0.000	--	--	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000
Cholesterol	mg	18	8	1.853	12	16	4
<b>Amino Acids</b>							
Tryptophan	g	0.495	--	--	0.337	0.450	0.114
Threonine	g	1.584	--	--	1.077	1.441	0.364
Isoleucine	g	2.124	--	--	1.444	1.933	0.489
Leucine	g	3.438	--	--	2.338	3.129	0.791
Lysine	g	2.784	--	--	1.893	2.533	0.640
Methionine	g	0.880	--	--	0.598	0.801	0.202
Cystine	g	0.325	--	--	0.221	0.296	0.075
Phenylalanine	g	1.694	--	--	1.152	1.542	0.390
Tyrosine	g	1.694	--	--	1.152	1.542	0.390
Valine	g	2.349	--	--	1.597	2.138	0.540
Arginine	g	1.271	--	--	0.864	1.157	0.292
Histidine	g	0.952	--	--	0.647	0.866	0.219
Alanine	g	1.210	--	--	0.823	1.101	0.278
Aspartic acid	g	2.663	--	--	1.811	2.423	0.612
Glutamic acid	g	7.350	--	--	4.998	6.689	1.690

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 68g	1 envelope (1-1/3 cup) 91g	0.333 cup (makes 1 cup reconstituted milk) 23g
Glycine	g	0.743	--	--	0.505	0.676	0.171
Proline	g	3.400	--	--	2.312	3.094	0.782
Serine	g	1.909	--	--	1.298	1.737	0.439
<b>Other</b>							
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0
Theobromine	mg	0	--	--	0	0	0